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The Advocate, April 5, 2012

Minnesota State University Moorhead

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Celebration shares culture



JESSICA FLEMING • flemingjes@mnstate.edu

The campus held another year of Celebration of Nations, where international students share goods and food from their native countries. The event usually brings around 800 people from the school and surrounding community.

BY RICHA NEUPANE

neupaner@mnstate.edu

Students from more than 40 different countries helped prepare the annual Celebration of Nations on March 31 in the CMU.

With an almost wedding-like celebratory atmosphere, MSUM's

international student community showed their respective countries through informative games, booths, dance and music performances, fashion walk, cultural food and flag parade.

On March 29, the international student programs coordinator,

Ludmi Herath, and the event coordinators Beza Mulugeta and Rolland Elendu met in the CMU Ballroom to prepare for the event.

The participants and the guests emanated enthusiasm at the event. The students were clad in their cultural attire. Visitors interacted

with them to get to know more about their home countries as they relished the exotic foods (which the student volunteers cooked) from Indonesia, Gambia, Nepal and many other countries. Some were also excited to get the henna

CELEBRATION, PAGE 7

Tuition increase, reset proposed

BY CHARLY HALEY

halleych@mnstate.edu

MSUM's administration is proposing a 5 percent tuition increase and a 2.78 percent tuition reset for fiscal year 2013.

This means a potential total of 7.78 percent tuition increase for students next school year.

"The proposal to increase tuition by an additional 2.78 percent is designed to capture the additional revenue generated by the increase and invest it in initiatives that will improve our student retention and graduation rates," said Anne Blackhurst, provost and senior vice president for academic affairs. The proposal of a 5 percent increase is similar to the annual increase MSUM and other MnSCU schools have had in recent years.

The 2.78 percent reset is separated from the 5 percent increase because the reset should be "a one-time event, based on analysis," said President Edna Szymanski while addressing student senate about the issue on March 22.

The administration proposed the increase to student senate, because the MnSCU Board of Trustees will consider the students' view in deciding whether they approve of actions

TUITION, PAGE 7

Phy. ed. classes canceled

BY CHARLY HALEY

halleych@mnstate.edu

To the dismay of many students, some physical education classes are being canceled for next school year, including Tae Kwon Do, fencing and scuba-diving.

"I'm at a loss on why they would even cut this class," said Brittney Berthiaume, president of Tae Kwon Do club. "It's more than just a one-credit PE class; these are skills that I think everyone should at least get the basics out of."

Berthiaume and other members of the club believe the cancellation of the class will severely affect participation in Tae Kwon Do club.

"Technically, just the class (is being canceled), but that has a

PHY ED, PAGE 7

Moorhead adds campus polling place

BY BRYCE HAUGEN

haugenbr@mnstate.edu

Instead of walking or driving several blocks south to vote at a 12th Avenue church, dorm residents will now be able to cast ballots at the CMU.

After years of effort by students, administrators and Moorhead city leaders, MSUM secured its own polling place in late March, when the city council approved a redistricting plan.

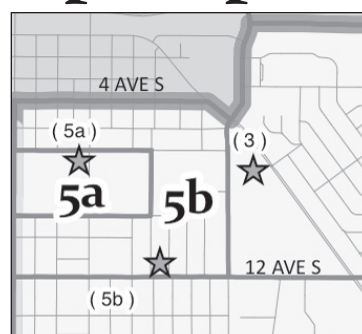
Starting this fall, students who live on campus will vote at the student union in a separate precinct from the surrounding neighborhood. The plan, a part of a once-a-decade citywide precinct update, breezed through the council without opposition. MSUM had been the only four-year MnSCU institution without its own site.

"We are extremely pleased

that we finally are having a polling place on campus, especially with the presidential election coming up," student senate president Kimberly Ehrlich said Monday.

Council member Heidi Durand, who represents campus, said easier access for student voters gives an "opportunity to hear from more voices and hopefully see some change."

The student senate and administrators sent letters to city leaders early last month asking for a polling site at either the CMU or Nemzek. MSUM representatives preferred the Nemzek site, because, according to the letters, it "would strengthen the relationship between the campus and community, as well as allow for a more efficient and convenient site



Under redistricting changes, precinct 5a will vote at the CMU while 5b will vote at a 12th Ave. church. Map courtesy of cityofmoorhead.com for the residents in surrounding neighborhoods."

But city clerk Jill Wenger opted to reassign those residents to an off-campus polling place closer to their homes, while promoting the CMU option for on-campus residents. She advocated a similar plan for Concordia College, which will now have a polling place

for dorm residents in its fieldhouse, while off-campus neighbors will go to a nearby church. Previously, all voters in the precinct cast ballots at the college.

City Council member Mark Altenburg, who also represents MSUM, made a campus polling site – a long-favorite topic for student leaders – an issue during his 2009 campaign. The city charter allows polling site changes even between censuses, but the city waited until the redistricting process for a variety of reasons, he said.

"There was just a lot of bureaucratic malaise," Altenburg said. "There was also resistance to having 1,500 show up at the polls. There was a real concern that students would hijack the elections." He said he expects a smaller, yet

POLLING PLACE, PAGE 7

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AdvoEats tastes
First & Deli, page 4



Campus
calendar
4.5 - 4.11

4.5	2 and 4 p.m. - Softball double header vs. U of Mary - MSUM Fields
4.6	12 and 2 p.m. - Softball double header vs. Northern State - MSUM Fields
4.9	7 p.m. - Comstock lecture - Science Lab 118
4.10	11 a.m. - Suicide Awareness Week benefit concert - CMU Main Lounge 4 p.m. - First Link suicide training - CMU 203 7 p.m. - Speaker panel on suicide - CMU 101
4.11	8 a.m. - Dragon Days - CMU Main Lounge 10 a.m. - Relay for Life Luminary Sale - Dragon Stop vendor table 1:30 p.m. - BBQ/volleyball tournament for suicide awareness - Dahl Volleyball Courts 8 p.m. - Mentalist Christopher Carter - CMU Ballroom 8:30 p.m. - Lutheran Campus Ministry worship - CMU Underground



Story idea?
advocate@mnstate.edu

The Advocate

Minnesota State University Moorhead
Box 130 Moorhead, MN 56563
Located on the lower floor of Comstock Memorial Union Room 110
News Desk and Editor's Desk: 218-477-2551
Advertising: 218-477-2365
Fax: 218-477-4662
advocate@mnstate.edu or www.msomadvocate.com

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Opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body.

The Advocate encourages letters to the editor. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off at The Advocate office in CMU Room 110 or emailed to us at advocate@mnstate.edu.
The Advocate reserves the right to edit letters and refuse publication of letters omitting requested information. It does not guarantee the publication of any letter.

"My major is kicking it old school."

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The Advocate is always looking for talented writers, photographers, columnists and illustrators. Meetings are held at noon every Monday in the mass comm lounge.
Contact the editor for more information or come to the staff meetings.

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MSUM Briefs

Peer tutoring deadline is April 13

The deadline for students to request peer tutoring for spring 2012 classes is Friday, April 13. Tutoring will end on study day (Wednesday, May 2). Peer tutoring is located in the Academic Support Center in Flora Frick 154. For questions, contact the tutor coordinator, Kathryn Estee, 477.2247 or tutor@mnstate.edu.

Tri-College University vaccinology program awards scholarships

The Tri-College University vaccinology program has awarded the first ever vaccinology scholarships to eight students who enrolled in the newly established program. This past fall, Tri-College University partners Concordia College, MSUM and NDSU, in collaboration with the Greater Fargo Moorhead Economic Development Corporation and Sanford Health, launched a first-in-the-nation undergraduate academic minor in vaccinology.

The following MSUM students were selected as worthy recipients who show promise in contributing to the field of vaccine research, production or in the biological and medical industries:

Erin Geissler, a senior from Fargo, N.D., will graduate with a degree in biology with an emphasis in health and medical services and minors in chemistry, psychology and vaccinology.

Nicholas Kohles, a senior from Aberdeen, S.D., will graduate with degrees in biochemistry and biotechnology with emphasis in cellular and molecular sciences. His minors are vaccinology, chemistry and health and medical technologies.

Alane Korf, a senior from Frazee, Minn., will receive a degree in biology with minors in vaccinology and chemistry.

Gabriel Sauvageau, a senior from Fargo, N.D., will receive a degree in biology with an emphasis in health and medical sciences with minors in vaccinology, chemistry and psychology.

This program and the scholarships are made possible by many contributors, including: Sanford Medical Center Fargo, Forum Communications, Greater Fargo Moorhead Economic Development Corporation, U.S. Bank, Xcel Energy Corporation and the Tri-College University collaborative grant program.

Register for 2012 College for Kids courses

Registration has begun for 2012 College for Kids courses. With 30 different courses offered this year, there is likely to be a class for every child. For more information on what is being offered visit www.mnstate.edu/collegeforkids. For answers to questions call 218.477.2579 or email alemadsh@mnstate.edu.

Registrations can be hand-delivered or mailed to the MSUM physics department or faxed to 218.477.2290.

News briefs from Dragon Digest or submitted to advocate@mnstate.edu

Security Update

Director of Public Safety
Greg Lemke

3.26
Suspicious activity reported in West Snarr, information relayed to Moorhead Police Department.

3.28
Emergency Blue Light activated in Lot U. No emergency, falsely activated.

3.30
Alcohol offenses and noise complaint in Nelson. Moorhead Police Department responded, one individual cited for minor consuming, five individuals referred to Campus Judicial.

Alcohol offense in Lot A, one individual referred to Campus Judicial.

Harassment report taken. Moorhead Police Department also responded to take a report.

3.31
Report of lost camera in Nemzek.

Simple assault and verbal argument near CMU, two individuals referred to Campus Judicial for fighting.

Marijuana odor in Dahl, two individuals referred to Campus Judicial.

Disorderly Conduct in CMU, one individual referred to Campus Judicial.

4.1
Marijuana odor in Dahl, one individual cited for drug paraphernalia by Moorhead Police Department and two individuals referred to Campus Judicial.

Report of lost iPad in Nemzek, Moorhead Police Department also responded to take a report.

Noise complaint in Dahl, seven individuals referred to Campus Judicial.

Assisted Residential Life staff with welfare check, contact made.

Wounded hawk reported in the CA, Moorhead Police Department responded. Red River Zoo staff contacted for removal of hawk.

To report a problem contact Public Safety at 218.477.2675

Classifieds

PRE-LEASING SPECIALS!
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Flashback gets record deal

BY ANDREW JASON
jasonan@mnstate.edu

Although heavy metal band Flashback Panic Attack only formed earlier this year, they have achieved something that most bands never come close to doing. With the help of MSUM's Music and Entertainment Industry Student Association's record label, Undeclared Records, they have released their first full-length album.

Flashback consists of four MSUM students, Alex Johnson, Lance Green, Ethan Klein and Dorian Walker. Everyone in the band, except Green, are music majors, and they all enjoyed the experience recording their first album.

"It was a lot of fun," Johnson said. "It was great working with everyone in MEISA, and we got lots of support from them."

Undeclared Records is put together by members of MSUM's MEISA chapter. According to MEISA secretary Jess Tauber, the organization brings together students from all fields to put together events and albums. This often includes students from design, music, marketing and other fields, who work together

to finish these projects. MEISA is responsible for the annual Battle of the Bands at MSUM, singer/songwriter night and many other events throughout the year.

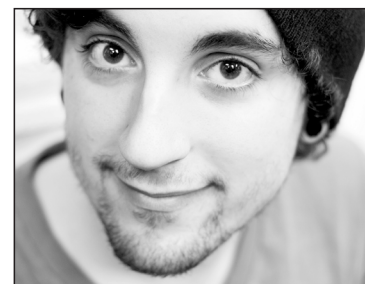
Producing an album for a band not only gives the band great exposure and garners a free album — it also gives students experience producing an album.

"I learned how to organize a project," Tauber said. "We had to set deadlines, had to meet deadlines ... We had to communicate. Now we're working on promotion, promotion, promotion."

The album consists of nine original songs. Bands like Killswitch Engage and Tool influence their music, but Flashback gets their message from a variety of different themes.

"It's hard to say what our message is," Johnson said. "It's aggressive. We write about girls that piss us off. We each write a couple of songs lyrically, but physically it's all of us working together."

Flashback's and MEISA's hard work will be on display at 8 p.m. on May 1 at their CD release party in the CMU Underground. The concert will include past Undeclared Records artists Baltic to Boardwalk and Benefactor.



Photos by Claire Fielder

(From top to bottom right) Flashback members Alex Johnson, Lance Green, Ethan Klein and Dorian Walker working on their newest album.

'Hunger Games' doesn't leave you hungry for more

BY MATTHEW LIEDKE
liedkema@mnstate.edu

It's amazing how the technology in this flick ranges from the 1800s to the control deck of the Starship Enterprise.

"The Hunger Games" is set in what can be described as a post-apocalyptic future where the country in which the story takes place is divided into 12 separate districts and one large capital city. Government workers and the richest of the population reside in the capital; the 12 separate districts are where the poorer societies live.

To keep order and peace in the country and stay in control, the government created "The Hunger Games" where one young man and woman are chosen from each district to compete in a fight-to-the-death competition. Main character, Katniss Everdeen (Lawrence), was not chosen to participate in the games, however, her sister was picked, and Katniss volunteered to take her place. The movie then follows Katniss' journey of understanding the capital and competing in the hunger games.

"The Hunger Games" does a fairly good job of introducing the audience to this alternate reality and moves along at a smooth pace. For most of the film, it doesn't feel rushed, taking time to develop characters. The climax of the story, however, did go a little too fast and lacked a certain "Luke blowing up the Death Star feel." Plus, the ending felt a little too complete. By the end, mostly everything has wrapped up, and it left me not really needing — or even wanting — a sequel.

The acting was strong, with my favorite being Woody Harrelson, who played a charismatic character that added to the enjoyment of the film. I've also heard Jennifer Lawrence played Katniss just how she was portrayed in the book, which I haven't read. That being said, she carried the role of the protagonist well and convincingly. Donald Sutherland was good as President Snow as well — a major step up from the phoned-in performance from "The Eagle" last year.

The special effects are another aspect the filmmakers got right. The high level of tech the capital was using from the aircrafts to the holographic projectors all looked great. The film was good in terms of style and setting, from the clothing to the capital city to the battle arena where the games take place — everything has a gritty, realistic feel to it.

The camera work, however, left much to be desired. For many moments of the film, the camera was shaky, which isn't bad in small doses, but it was getting to the point of nerve-racking. Also, there were too many close up shots during the battle scenes, which made it very difficult to see who had the upper hand — let alone what the heck was going on. This really hurt the film since these moments of battle and survival seemed so integral to the story, yet could barely be seen.

"The Hunger Games" is a film that can definitely hold one's interest, be exciting and engaging at times, however, the scenes that are supposed to show the raw survival didn't seem very impactful and the ending was lack-luster. High 3 out of 5.

KEEPING MUSIC LIVE!

<p>JAVIER COLON w/ Reed Waddle & Taylor Wall Tuesday, March 13 Fargo Theatre 8pm Show • All Ages</p>	<p>BANNER PILOT w/ What Kingswood Needs & Crab Legs Saturday, March 31 The Aquarium 9pm Doors • Ages 21+</p>
<p>MURDER BY DEATH w/ Dann K & Black Casket and Cass County Criminals Wednesday, April 4 The Aquarium 9pm Doors • Ages 21+</p>	<p>YELAWOLF w/ Soulcrate Music & Charlie Mizza Friday, April 6 The Venue @ The Hub 6pm Doors • All Ages</p>
<p>LEON RUSSELL Wednesday, April 11 Fargo Theatre 8pm Show • All Ages</p>	<p>ROSTER MCCABE Thursday, April 12 The Aquarium 9pm Doors • Ages 21+</p>
<p>GRETCHEN WILSON w/ Rocket Club Friday, April 20 The Venue @ The Hub 7pm Doors • Ages 21+</p>	<p>HELLYEAH & CLUTCH w/ Kyng & MonstrO Friday, April 27 The Venue @ The Hub 6:30pm Doors • All Ages</p>

UPCOMING SHOWS

TRACE ADKINS • Saturday, March 17 • All Ages • Chester Fritz Aud. in Grand Forks, ND
ROSTER MCCABE • Thursday, April 12 • Ages 21+ • The Aquarium
SARAH VOWELL • Saturday, April 14 • All Ages • Fargo Theatre
ROCKET CLUB • Friday, April 20 • Ages 21+ • After party! at Cadillac Ranch @ The Hub
KANSAS • Sunday, April 22 • Collegiate Symphony Tour @ The Bismarck Civic Center
THE INFAMOUS STRINGDUSTERS • Wednesday, April 25 • Ages 21+ • Fargo Theatre
MARTIN ZELLAR & The Hardways • Friday, April 27 • Ages 21+ • Cadillac Ranch @ The Hub
PORTLAND CELLO PROJECT • Monday, April 30 • Ages 21+ • The Aquarium
HAIRBALL • Friday, May 4 • Ages 21+ • The Venue @ The Hub
VOLBEAT • Thursday, May 10 • All Ages • The Venue @ The Hub
VINCE NEIL • Friday, May 18 • Ages 21+ • The Venue @ The Hub

Tickets for all shows are available at (located at 300 Broadway; open Monday-Friday 12-6PM), by phone (701) 205-3182 & online at:

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Features

First and Deli: A delicious place for friends

Adv Eats
Suburban staff tries new local restaurants

BY MEGAN HAVIG
havigme@mnstate.edu

Hidden in the bustle of downtown Fargo is a safe haven promising the weary palate (or the lazy cook, not that I relate or anything) a homey lunch. Craving a fresh touch of home, I set out to find First and Deli and see if its promise rang true to my stomach.

First and Deli, a locally owned, daytime cafe, offers homemade soups, salads and fresh-bread sandwiches. It can be easy to miss, snuggled in between the all-American J.L. Beers and Royal Jewelers and shadowed by the higher-end Hotel Donaldson across the street. Yet, it's inconspicuous front among its high profile neighbors give way to a comforting experience inside.

I entered the restaurant and was drawn to the chalkboard on my right. Playful handwriting reveals the soups and salads as well as the hot dish and baked goods of the day. I spotted the "Better Than X" cake under the pastry section, and made a beeline to the counter to place my order.

A friendly, middle-aged woman running the till welcomed me. I placed my order and watched each step of preparation up to the climatic end when the gooey "Better Than X" cake was placed on my tray. Shari, the owner, slid the completed tray to me, adding to the local feel of the establishment.

An interesting aspect of my plate was that, in fact, there was no plate. My sundried tomato turkey sandwich on fresh vegetable bread and my oriental salad lay directly on my papered-tray. My photographer gave me a funny look as he looked at his order arrayed in the same fashion. "That's interesting," he said as we looked for a table.

Weaving our way to a window table was like walking through an antique store. We slid by tables and displays filled with antique knick-knacks and sparkly jewelry for sale, the kind of items my mom leisurely shops for on Saturday afternoons. We took our seats, and I noted the calm atmosphere; two tables were filled with laid-back business people and a large table across the room seated a group of middle-aged and elderly folks. I imagined them reminiscing about past family holidays as their laughter filled the restaurant. With the homey atmosphere set, I was ready to test the food and see if it held up its claim.

Crunch. The first bite of my oriental salad was crisp and fresh; the dressing was sweet — a perfect proportion layered the crunchy greens. The vegetable bread for my sandwich was soft and light. I gobbled it down, relishing the last of this gourmet picnic.

"I don't want to stop eating," my photographer said as he ate his nutty chicken salad, describing the juicy chicken cubes and the sweet sesame sauce. He didn't have to; our pastry was still

awaiting its test.

My first bite of the gooey "Better Than X" cake was quickly followed by two more. The cake oozed with caramel and was covered by fluffy whipped cream and crumbled Heath. It vanished off my plate and I felt absolute satisfaction.

Though pricey — my meal cost

\$11.23 — I enjoyed my straight-from-the-kitchen experience at First and Deli. The fresh and homey meal mixed with the pleasant atmosphere will draw me back for the touch of home. Though I'll have to work it in my budget, I'd definitely place it on my places-to-go-for-a-Saturday lunch-with-friends.



JOSHUA BERGGREN • berggrejos@mnstate.edu

Above: First and Deli offers breakfast and lunch fare, open from Monday-Friday 8 to 4 p.m. and Saturday 9 to 3 p.m.

Right: First and Deli is located off First Avenue North, across from the HoDo.



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Features

Students don colorful spring fashion trends

Global prints



70s glam



Floral prints



This trend is all about bold colors and fun, tribal patterns. Victoria Honetshlager (left), senior physics student, and Heidi Nelson, freshman elementary education student, try on the bold new trend worn by celebrities such as Kim Kardashian, Beyonce and Rihanna.

“I think I spent a total of like 40 bucks, probably the most expensive are the shoes,” Honetshlager said. “I’m a budget shopper.” She bought her entire outfit, besides the sandals, at Old Navy.

Seventies glam mixes all the fabulous trends of the 70s and today. Think long, flowy skirts and high platform pumps.

Annie Persson, soph. mass comm. student, demonstrates the trend perfectly in her flowing knee-length green skirt and simple black top.

Florals are huge this year. Celebrities such as Taylor Swift, Sienna Miller and Zoe Saldana have been seen sporting the look and designers Diane von Furstenburg, Jason Wu and Chloe included the trend in their spring 2012 collections. Lauren Johnson (left), freshman English student, chose a large, yet soft floral print, while Rebecca Lebak, sophomore mass communications student, wore a smaller floral print dress from Forever 21.

TEXT BY JASMINE MAKI • makija@mnstate.edu

PHOTO COLLECTION BY ROBERT SWANSEN • swanseno@mnstate.edu

Military experience gives veteran push to overcome struggles

BY JASMINE MAKI
makija@mnstate.edu

He’s jumped out of more than 530 airplanes and hauled a 150-pound rucksack on his back for 20 years. Now, it’s tough for Steve Bauman, 45, to get out of bed in the morning. But, he does much more than that.

Along with supporting his wife and four kids, Bauman has joined many other veterans and service members in making the decision to go back to school.

“It’s been a huge challenge for me,” said Bauman, who retired from the special operations unit as an airborne ranger in 2000.

Bauman spent the first few years of retirement working blue-collar jobs between spans of unemployment. He stayed home for two years raising his youngest son, but Bauman needed something to keep his mind busy.

“I just couldn’t take it,” Bauman said. “I told my wife, ‘I got to do something. My mind is going nuts.’”

Bauman applied and registered for classes at NDSU, but after feeling unwelcomed by faculty and staff, he decided to attend MSUM. He is now a sophomore majoring in social work.

“My brain doesn’t function like a normal student’s would because I was blown up a couple times, so I have shrapnel in the back of my head and throughout my whole body,” Bauman said.

MSUM has given him the opportunity to receive the same

education a traditional student would. Faculty and staff have helped and encouraged him along the way, but Bauman still faces many challenges.

“It’s tough for me to function and tough for me to think,” Bauman said. “I haven’t missed any school this year, but last year was a real challenge for me.”

Bauman’s doctors were constantly switching his medications, which led to illness and many absences.

It hasn’t been easy for Bauman, but he enjoys going to school because it’s getting him out of the house and closer to achieving his ultimate goal of giving back to the community.

Bauman wants to counsel other veterans that are facing the same challenges he’s faced.

“When you retire with 20 years, you can’t sit at home. You have to do something,” Bauman said. “I was basically a mercenary, and there are no jobs out there in the world for mercenaries.”

Bauman is considered a million dollar soldier because the military has

spent so much money training him for specialized missions.

“My ID card says, ‘indefinite’ on it, so I never get out of the military,” Bauman said.

He was the first one in Bosnia, and his platoon got all the ambassadors out of Liberia and out of the embassy.

“I’ve done a lot of things,” Bauman said. “I’ve pulled border duty on the wall. I was actually on the wall when the wall was up, and I was walking in the ditches shooting people when they tried to cross the border.”

Everything Bauman has

witnessed in war has made him fearless.

“I’m not afraid to die. I’m not afraid of someone shooting me,” Bauman said. “I’m not afraid of anything.”

Bauman said every man that’s of age should join the military for at least two or three years because it makes him more of a man.

“The military is horrible. It’s tough. It’s demeaning, degrading. I mean, I laid out in 20-below weather for a year and a half sometimes,”

Bauman said. “But, it just gives you more of a push to get a degree and make something of yourself.”

Seth Goddeyne, a senior history major, joined the national guard after high school and agrees that the military pushes one’s limits.

“You realize that you’re capable of a lot more than you probably thought you were before you did it,” Goddeyne said.

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Advocate Editorial Board

Students show their opposition by speaking up

With the end of some one-credit physical education courses like Tae Kwon Do, many students have been voicing their opposition.

Whether these students can convince university officials these courses are indeed credit-worthy or not, we commend them for speaking up.

Too often, supporting or opposing matters affecting our university and students aren't high on our list of priorities. However, indifference cannot inspire change.

We encourage all students to get involved and make their voices heard.

The opinions expressed in The Advocate are not necessarily those of the college administration, faculty or student body. The Advocate encourages letters to the editor and any submissions. They should be typed and must include the writer's name, signature, address, phone number, year in school or occupation and any affiliations. Letters are due by 5 p.m. Monday and can be sent to MSUM Box 130, dropped off in The Advocate office or emailed to advocate@mnstate.edu.

There's a revolution brewing



BY JOHN GOERKE
goerkejo@mnstate.edu

(Continued from March 22)

Once the proper source has been located the rest is easy. The beans should look wet when you purchase them. They aren't actually wet; they are full of oil. This oil is important later in gauging the goodness of the brew. They must not be ground at the store, rather they must be ground at home right before brewing. A hand crank is ideal, though a millstone and a windmill would top that. Most people have an electric grinder, which has baffled me for ages. In my pre-coffee morning haze the last thing I want to hear is an ear-piercing, electric motor spinning. Rather, I prefer the gentle crunches of a hand crank whose speed is set by me and me alone. For you adventurous types, try grinding coffee with a cheese grater. I won't admit to trying this, but I will say that the smallest holes are the best.

A French press is really the only proper way to brew coffee.

Drip machines take not only the fun out of coffee, but also the very best flavors. If all of life is an expression of art, then drip machines are to presses what Photoshop is to oil and canvas. The point is to make the coffee happen rather than let it happen. Knock over each domino individually rather than allow the sloppiness of chance and the imprecision of momentum to make a mistake.

The press should be about 1 liter in capacity. Any more and you won't be able to consume it all in one sitting, any less and why bother at all? We're trying to start a revolution, which requires a full tank. A metal press is superior to a glass press merely for it's indestructible nature. The vessel in which coffee is created must be long lasting and durable. One shattered glass press and the revolution comes unhinged. Concerning the actual press itself, the filter should completely fill the circumference of the pot. Needless to say, it should do so snugly.

For those of you unfamiliar with the functions of a French press, here is the quick version: A French press brews coffee by combining course ground coffee and 200 degree water in a vessel (referred to by me as the "pot"). After 4.5 minutes a large semi-permeable membrane (coffee filter) is pressed down from the top of the pot to the bottom with a plunger-like handle. The grounds are caught in this filter and held on the bottom leaving delicious coffee swirling on top.

If that was a little unclear, just

go buy a French press and see how it works. It's so easy you could do it in your sleep, which is practically the state you'll be in before you have your first cup of the day. As far as the particulars go, there are a few important points to be made. The amount of grounds in the pot should be just under one-third of the total volume. This will ensure a strong brew within the time constraint of 4.5 minutes. If the coffee brews any longer than 5 minutes, it becomes overly bitter. I once tried to stretch a very small amount of beans into a very large pot of coffee by doubling the brewing time. What I got was a cough-inducing mess.

The water is as important as the beans but in a different sense. With the beans, one may be certain of their integrity from the integrity of their source, but the water is not afforded so easily a pass. Whether it be ordinary tap water or fresh dew squeezed from mountainside mosses, the quality of the water depends largely upon you, the brewer. It falls upon you to get the water within 5 degrees of 200 Fahrenheit, any cooler and you might as well be drinking tea, any warmer and the boiling water will bruise the beans. Fortunately, making coffee in a press allows for an easy trick. Please note, that this trick was discovered by me and only after several massive disasters. The trick relies on water losing thermal energy as it is poured. Boiling water poured from a pot with a stream about a ½ inch in diameter, will cool to exactly 200 degrees by the time it falls into the bottom of the pot.

Stir it with a fork after the beans have risen to the lip of the pot. Wait 4.5 minutes and press the grounds to the bottom. During the time between adding the water and pressing the grounds, stirring a few times wouldn't be a bad idea. The idea here is to make robust and vibrant coffee. The tell-tale sign of great coffee is tiny oil droplets forming on top, after the coffee has been poured into a mug. If you're like me, you don't like drinking coffee that is too hot to swallow. The same trick used to cool the boiling water may be used to cool the coffee while pouring — the thinner the stream, the cooler the coffee.

The overall goal is to make coffee that is mellow enough to drink, while being strong enough to spur action. The lesser brews of coffee — popular at your local chain — are strong enough to spur complaint but not action. If you've never witnessed the whining of the post-Starbucks crowd, you're missing out on prime entertainment. One liter of pressed coffee, with the oil floating on top and the grounds resting on the bottom, pushes the drinker beyond the average insolence that plagues the masses.

The sultan had a reason to be scared when his subjects drank coffee. Indeed, if I were the boss of a company, I would ban coffee from the office. Yet, I am still among the average, subtly oppressed people of the world. I urge you all to do yourselves a favor and let your coffee get you a little angsty. The next revolution is counting on you.

Irresponsibility: Getting it out of our system



BY MEGHAN FEIR
feirme@mnstate.edu

There's an excuse that floats through the atmosphere and enters into everyone's lungs. People breathe it in without a second thought and don't even consider buying an air filter — a purification system for the pollution they're absorbing by the minute.

We tell ourselves lies and find ways to justify things we may initially question but want to do. The idea that everyone is entitled to their own wild-child stage in life is an excuse society has given everyone — a free pass to act irresponsibly for a few, or many, years. Many have been

led to believe that most young adults have to go through a stage like this in order to "get it out of their system." We are, in fact, expected to behave stereotypically — "like a college student."

That is nothing but an excuse our culture has fabricated over the years. However, I can imagine a lot of people are happy about this freebie to rebel against responsibility and good judgment. Let's keep in mind that the workplace is not as lenient as our culture may be.

It's not like I've never done anything stupid, but everyone's consideration varies when it comes to what "stupid" really entails. To one person, doing something "stupid" can mean leaving your apartment without a jacket when it's raining, while doing something "stupid" to another can mean getting caught drinking and driving (with an emphasis on the "getting caught" part). Acting reckless for one's enjoyment is expected, but the realization that these actions could endanger others or negatively impact one's future is only a side thought — a warning posted in small print on the back of a product.

This has been designated as our time in life to find ourselves, though I think many are getting more lost in this process than found. We are taught to question everything — mainly rules, regulations and more conservative ways of thinking.

We fear agreeing with anyone over 55, unless, of course, they are notorious for their edgier ways of thinking (or if they're one of your professors).

Though everyone is encouraged to question everything, we are not urged to question the idea of questioning everything, or questioning society's moral looseness. It's cool to question why we shouldn't be able to do whatever we want. It's cool to question those who are in our way on our mission toward living our lives and doing whatever we want. Doing whatever we want — isn't that what life is all about?

Everyone is told to live in "the now," which can be a wonderful thing, but most of the time it's used to backup selfish and momentary desires. Monitoring our actions because of our consideration for how current decisions could impact our futures is stale and crusty to many young "adults." In no way am I inferring we shouldn't have a sense of adventure (not in the least), but excitement and stupidity are two different things, though many make the mistake of bundling them in the same package. They don't realize you can have one without the other.

The youth of the world often complain about mistreatment and disrespect from their elders (I know I have). They want to be treated as equals and adults, yet, at the

same time, they want to do whatever they want. It's almost as if they've been stuck in the bubble of adolescence for more years than initially expected.

What media has been allowed to present plays one of the biggest roles in the molding of culture. The other? Family. If we continue to disregard responsibility and morals (yes, I said morals), we shouldn't be surprised when 6 year olds are telling us off and 4 year olds are swearing at us — when kids have no respect because they've seen so little displayed.

Regarding only yourself on your journey through life leads a lonely path, though you may have many followers desiring to tread that same road. It may seem exciting at first, but then that little nagging feeling starts festering in your brain when you're alone. Only emptiness can be found if you continue to live your life the way society expects you to in a world of low expectations. This may sound like a message you'd find in a fortune cookie, but sometimes even manufactured phrases can hold a grain of truth. Remember that the next time you read a Hallmark card.

To read more from this writer, view her blog at daysofourmeghan.blogspot.com

Police investigate alleged assault, robbery near campus

BY CHARLY HALEY
haleych@mnstate.edu

Public Safety emailed students through the DragonNews listserv March 29 regarding alleged robbery and assault at 17th Street South, Moorhead, near Nemzek and Public Safety.

According to the email, "The information received (from Moorhead police) is that a group of up to four males entered a residence (on March 28) at 920 17th St. S., assaulted one of the residents and stole some items, it is reported that one of the suspects had a shotgun in his possession. ... March 29 in the same general area two 13 to 14 year old males were caught breaking in to a home through a window, one of them escaped. ... The description

does not fit that of the people involved in the incident last night. There is no report of any weapons being involved in this morning's incident."

The incident was reported to the Moorhead police.

"Nothing indicates a continuing danger to anyone," Moorhead Sgt. Steve Larsen said. It is still under investigation, Larsen said, but he is convinced the incident was not random and the people involved were specific.



Greg Lemke

Larsen and Public Safety Director Greg Lemke encourage all students to stay safe. Lemke reminds students to call Public Safety at 218.477.2449 if they feel unsafe. Public Safety officers will go up to two blocks off campus to escort students.

"Besides that, people should just be aware of their surroundings," Lemke said. "Carry yourself with confidence, don't act or look like you would be an easy victim, walk with a friend and call us if there are issues on campus that make you suspicious or uncomfortable and off campus call 9-1-1."

Lemke also encourages students to sign up for the campus E2 emergency notification system at web.mnstate.edu/security.

Center prepares for trans students



JESSICA FLEMING • flemingjes@mnstate.edu

Students unwind Tuesday at the Rainbow Dragon Center in CMU 121.

BY CHARLES K. DEYOUNG
deyoungch@mnstate.edu

The Dragon Rainbow Center promotes transgender awareness in preparation for incoming transgender students.

The Rainbow Room in CMU 121 serves as a resource and community for gay, lesbian, bisexual and transgender students, as well as straight allies. Next year, up to six new transgender students will be attending MSUM. In response, the center has compiled an information packet about the campus and local community for the new transgender students.

"We want to approach this from the angle of absolute inclusiveness," said Rachael Rahrich, who is in charge of Rainbow Room promotion and event planning.

"We're preparing pamphlets with recourses and specific information for transgender students," she said. These special considerations underline some of the intrinsic

complexities transgender persons deal with.

"Transgender and transsexual are umbrella terms," said Jonah Noyes, an MSUM transgender student.

Many individuals immediately associate the word transgender with sex reassignment, when more accurately it is a general term applied to the variety of individuals and behaviors that differ from the conventional gender roles. Noyes, an anthropology junior, has decided to undergo hormone treatments.

There are many things to consider about the early stages of transition. Namely, the matter of bathrooms. Gender neutral bathrooms, such as single-room, handicapped facilities are friendly to transgender individuals, because they eliminate the fear of being identified as a transgender.

"I don't want to make any one uncomfortable," Noyes said.

This issue is one example of a consideration included in the packets for new transgender students;

the Dragon Rainbow Center is preparing small maps which contain the location of gender-neutral bathrooms on campus.

"The community is so broad and right now the word transgender covers so many experiences," said film professor Raymond Rea.

Rea has lived as a transgender male for many years, since age 37.

"I'm considered old school and my experience is different than many people under the trans umbrella," he said. His transformation began at a time when transgender resources were harder to come by.

"There weren't groups formed like (the Dragon Rainbow Room)," he said, "I think it's great that they have this." Rea was quick to point out the success of this relatively new campus program and community. He attributed its accomplishments to two things. He first pointed out that the community is composed mainly of freshmen.

Secondly, Rea highlighted the impressive coalition that is guiding the smooth function of the program.

Noyes said he is also appreciative of the resources MSUM offers GLBT students.

"We are a pretty open campus. People want to ask questions and get a better understanding," Noyes said. He made it clear that he felt part of a tolerant and accepting university and was very proud that student organizations like the Gay Straight Alliance and the Dragon Rainbow Center are trying to make a difference.

As Rea said: "Now because the doors are widened, students can stand in that doorway and ask themselves: Where do I fit in this?"

POLLING PLACE, FROM FRONT

substantial increase in turnout.

College Democrats president Carson Starkey said a city council dominated by conservatives didn't want a MSUM polling place because students tend to vote for Democrats by large margins.

"I just don't understand why it had to be so difficult," Starkey

said. "It's shameful it took this long."

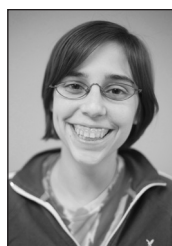
City leaders, MSUM administrators and students interviewed said they hope for and expect increased student voter turnout.

"It will be a lot easier to get students involved," College Republicans president Danielle

Saul said.

Starkey punctuated that point. "It will increase student voting," he said, "and if it doesn't, somebody's not doing their job."

TUITION, FROM FRONT



Kimberly Ehrlich

by university administration. Student Senate is voting tonight on both the tuition increase proposal of 5 percent and the tuition reset.

"We understand the administration's situation regarding the state's deinvestment of state schools and will be discussing the students' responsibility in making up for these deficits," said Kimberly Ehrlich, student senate president. "We're in the delicate position of trying to support the current students and deciding what's best for the future of this institution."

In addition to the tuition reset, MSUM administration proposed an alternative to student senate: an increased technology fee and engagement fee. The technology fee



Anne Blackhurst

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would be \$2.75 per credit and the engagement fee would be \$3.25 per credit, both up to 12 credits.

"The administration does prefer the tuition increase over the fee increase because there are limitations on the use of fees," Blackhurst said. "Many of the initiatives that we believe will have the biggest impact on retention cannot be funded by fees."

The administration's effort to increase student retention rate is one of the main reasons for these increase proposals.

"The fee route doesn't solve the problem, it just provides an initial Band-aid," Szymanski said.

Ehrlich encourages students to voice their opinion on the issue to student senate in CMU 116B.

PHY ED, FROM FRONT

drastic effect on the club's size and attendance," said Amanda Olson, a second-year member of Tae Kwon Do club.

Several members of the club have been voicing their complaints on the issue and approached student senate for help.

"I am working with members of fencing and Tae Kwon Do to find an alternative for the classes if the university won't be able to provide them," said Chu Yi, vice president of student senate. "We are working with the administration to make sure we are part of this process in the future."

One reason administration canceled some one-credit phy. ed. classes is because they fell under the continuing studies department.

"Last year, the university eliminated continuing studies because it was not core to the mission of the university and was not generating the expected revenue," Blackhurst said. "When that happened, the Tae

Kwon Do classes and a few other activity courses were affected."

Another reason is that some of the canceled phy. ed. classes were being duplicated at the Wellness Center.

"Examples include yoga and Zumba classes," Blackhurst said. "As we try to control costs, it didn't seem to make sense to be duplicating offerings. I have not heard any student complaints about those courses being eliminated. I suspect that as long as students are able to take them somewhere on campus, they are satisfied."

Despite that reasoning, members of Tae Kwon Do club are still upset.

"I understand that there is the Wellness Center, and I do my best to get over there as often as possible, but having a class that is scheduled ... is a lot more motivating to go to than a workout that you can just put off," Olson said. "(Tae Kwon Do) is my stress reliever and keeps me sane."

CELEBRATION, FROM FRONT

tattoos drawn on their hands. The activities added to the charm of the extravagant decorations in the CMU.

Students took the stage to give the guests a ride to their worlds. Emcees of the event, Noor Alomran and Kwaku Oppong, kept the audience engaged. Students held their

information about countries and also had their faces painted with country flags. In addition, the silent auction and the K-5 students' art display equally enhanced the involvement of the Moorhead community in contributing to the international arena.

Helping out with the exhibit stall, was Janet Hohenstein dressed in Ghanaian clothing. The ISS director brought her family to the event.

"It gets better and better every year," she commented.

As students came up to take photos, they humbly credited the event's success and popularity to all the international students.

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MSUM coach leads Team USA

BY COLLIN BOYLES
boylesco@mnstate.edu

MSUM sent one of its own to Istanbul, Turkey for the 2012 World Indoor Championships as the USA women's team head coach.

The Track and Field World Indoor Championships took place March 9-11. Headlining the women's coaching staff was Dragons' track and field assistant coach, Rahn Sheffield.

Sheffield, this year's women's sprints and hurdles coach as well as head coach, made his second trip to the World Indoor Championships. His first came in 2010 when he led Team U.S.A. to three gold medals in the 1600-meter relay, 100-meter hurdles and 400-meter. This year, the U.S. women's team took home three gold, two silver and four bronze medals in 11 events.

One thing Sheffield and the International Association of Athletics Federations both study closely is the connection between biomechanics and conditioning. Through the study of biomechanics, he initiated and developed a new hurdle technique for the 100-meter/400-meter hurdles.

"The key to my success has been in the implementation of my philosophy to incorporate speed and conditioning in alignment with science and biomechanical

awareness," Sheffield said about the correlation.

Sheffield studied biomechanics at San Diego State University, his alma mater, and has applied it to the development of collegiate and professional athletes alike. Since 1986, Sheffield has been a personal trainer and consultant to National Football League athletes as well as creating Sheffield Elite NFL Football Conditioning in 2009. High-profile athletes to take advantage of his service include 2010 Heisman Trophy winner Cam Newton. Sheffield also trained prestigious athletes such as Oscar De La Hoya as well as serving two years as the speed and conditioning coach for the San Diego Padres.

Sheffield's real passion comes in the grooming of student-athletes.

"I can have more of an impact on student-athletes than professionals because with professionals, all I would do is train them and they'd be on their way," Sheffield said. "Here, I can help the student-athletes academically and educate them about the fundamentals and science of track."

Prior to 2009, Sheffield spent 19 years as the SDSU track and field head coach and 5 years as an associate coach. In his span at SDSU, Sheffield coached student-athletes to 12 Division-I school records, including a

collegiate and American record in the 400-meter (54.64 seconds) ran by his sister, La Tayna.

While at SDSU, Sheffield was named the Mountain West Conference Outdoor Track and Field Coach of the Year in 2001 and 2003 as well as the Western Athletic Conference Outdoor Coach of the Year in 1991. Sheffield was also named the Cal-Nevada Coaches Association Coach of the Year six times.

Para Olympian Marla Runyan, under the guidance of Sheffield, set an American record in 1996 at the Olympic Games in Atlanta, Ga., in the 800-meter Heptathlon (2:04.74), making Sheffield the first to coach a Para Olympian to an American record. Athens, Greece held the next Olympic games in which Sheffield coached, which included Brenda Taylor, a finalist in the 400-meter hurdles with a time of 53.36 seconds. Sheffield led athletes to gold, silver and bronze medals in the 2003 World Games and the 2006 World Junior Championships.

Of all these accomplishments, Sheffield remains humbled by his appointment as the head coach of Team U.S.A. "For me to be the one picked from hundreds of coaches in Division I, II, III and NAIA schools is truly an honor because there are so many amazing, amazing coaches."



Rahn Sheffield

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Winona State		16
Friday, Game 2		
MSUM		1
Winona State		9
Saturday, Game 1		
MSUM		1
Winona State		4
Saturday, Game 2		
MSUM		4
Winona State		12

Meghan Feir's Random Sports Term of the Week

★ "Crossover" ★

Meghan's Guess

Ummm... when someone "crosses over to the other side" of the field. Why did the athlete crossover?

To get to the other side, of course.

Actual Definition

In Basketball: maneuver in which a player dribbling the ball switches the ball rapidly from one hand to the other, to make a change in direction.

★

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